

Standardized Recipe Form

Recipe Name Carrot Muffins Category Bread/Grain, ¼ cup vegetable Recipe # _____

(i.e., entrée, breads)

Process: 2 (1= No cook; 2= Cook and same day serve; 3= Cook, cool, reheat, serve; 4= SOP controlled)

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Egg	8 1/3 large	16 2/3 large	Whisk eggs, add oil and vanilla and whisk again. Add pureed carrots and mix well. Add flours, sugar, spices, baking soda, baking powder, and salt to wet ingredients and mix with rubber spatula. Batter will seem thick but will loosen up as you gently mix more. Fold in shredded carrots. Use ice cream scoop to fill 1/2 cup muffin tins with liners. Bake at 300 degrees (convection) until toothpick comes out clean. 22-25 minutes. A dollop of whipped cream on top really sells these to the students. Bonus: each muffin has 1/4 cup of fresh carrot so it can be used as a veg.
Vegetable oil*	1 1/3 cup + ½ Tbsp	2 ¾ cup + 1 tsp	
Vanilla extract	¼ cup + ½ tsp	½ cup + 1 tsp	
Carrots, pureed (Local)	1 qt + 1/8 cup	2 qts + ¼ cup	
All-purpose flour*	1 qt + 1/8 cup	2 qt + ¼ cup	
Whole wheat flour*	1 qt + 1 ¼ cups	2 qt + 2 ½ cup	
Brown sugar	3 1/8 cups	1 qt + 2 ¼ cup	
Cinnamon	2 Tbsp + 2 3/8 tsp	1/3 cup + 5/8 tsp	
Nutmeg	2 1/8 tsp	1 Tbsp + 1 1/8 tsp	
Baking soda	2 1/8 tsp	1 Tbsp + 1 1/8 tsp	
Baking Powder	1 Tbsp + 1 1/8 tsp	2 Tbsp + 2 3/8 tsp	
Salt	2 1/8 tsp	1 Tbsp + 1 1/8 tsp	
Carrots, shredded (Local)	2 qt + ¼ cup	1 gal + ¾ cup	

Serving Size 1 muffin Pan Size _____

Yield _____ Number of Pans _____

Meal Pattern (Based on Serving Size): _____

_____ Meat/Meat Alternative

¼ cup Fruit/Vegetable

1 Grains/Breads

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	<u>335</u>	<u>22-25</u>
Convection	<u>300</u>	<u>22-25</u>

If available, Nutrition Analysis: Serving Size: _____

<u>213</u> Calories	<u>1.16</u> Saturated Fat (g)	<u>1.6</u> Vitamin C (mg)
<u>4.17</u> Protein (g)	<u>266</u> Sodium (mg)	<u>5251</u> Vitamin A (IU)
<u>7.30</u> Total Fat (g)	<u>2.85</u> Fiber (g)	<u>59.8</u> Calcium (mg)
<u>30</u> % Calories from Total Fat		<u>1.47</u> Iron (mg)

This recipe is from Jay Stagg at Muldown Elementary School in Whitefish, Montana.